

**ABSTRACT**

A lumbar support with an archable supporting element (1-3) is proposed, wherein for the individual adjustment of the curvature of the archable supporting element (1-3) to the needs of the individual user, an adjustment mechanism (8-17) is provided, which is configured in such a manner that it can bring about both a curvature of the archable supporting element (1-3) into a first curvature direction, in which the archable supporting element (1-3) forms a convex supporting surface, and a curvature of the archable supporting element (1-3) into a second curvature direction, in which the archable supporting element (1-3) forms a concave supporting surface.

(Fig.1)